

Readiness Ruler



- On a scale of 0—10, how willing/important is it to you to make a change toward a healthier lifestyle?
- On a scale of 0-10 how confident are you that you can make that change?

0——1——2——3——4——5——6——7——8——9——10
Not willing/Very confident Somewhat Very Willing/Very confident

Why didn't you choose [lower #]?

Why didn't you choose [higher #]?

What would make you more willing?

Adapted from Maine Youth Overweight Collaborative & the Permanente Medical Group Inc. Northern California Health Education